



Manalapan Township
Senior Citizen Programs

OCTOBER 2025

Karen Pimentel,
Senior Center Director

Manalapan Senior Center

Activities Location:

Manalapan Township
Community Center

114 Rt. 33 West
Manalapan, NJ 07726

Mailing Address:

Township of Manalapan
120 Rt. 522

Manalapan, NJ 07726

Contact info:

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Manalapan Senior Programs is partially
funded under Title III, Older Americans Act
as amended through the
Monmouth County Office on Aging.

MON	TUES	WED	THURS	FRI
		1 NO ACTIVITY	2 NO ACTIVITY	3 Strength Training 10:00 AM & 11:15 AM
6 CHAIR YOGA 10:00 AM & 11:15 AM MAH JONGG 12:30 PM-2:30 PM	7 ZUMBA 9:00 AM TAI CHI 10:00 AM Watercolor- #1 12:00-2:00pm RSVP-space limits	8 10:00 AM Medicare Worskshop (rsvp event)	9 BUS TRIP To Hunterdon Hills Plhs	10 NO Strength Training
13 CLOSED COLUMBUS DAY Holiday	14 ZUMBA 9:00 AM TAI CHI 10:00 AM Starr's Balance 11:15am (Must Rsvp)	15 NO ACTIVITY	16 11:00 AM Safety & Fall Prevention Program Healthy Bones 1:15 PM	17 Strength Training 10:00 AM & 11:15 AM
20 CHAIR YOGA 10:00 AM & 11:15 AM MAH JONGG 12:30 PM-2:30 PM	21 ZUMBA 9:00 AM TAI CHI 10:00 AM Kickboxing 11:15am (Must Rsvp)	22 11:00 AM Halloween Party (rsvp event) (See flyer)	23 CARDIO 9:30 AM Balance Circuit 10:45 am 11:30am Healthy Bones 1:15 PM	24 Strength Training 10:00 AM & 11:15 AM LINE DANCING 12:45-2:00pm (RSVP event)
27 CHAIR YOGA 10:00 AM & 11:15 AM MAH JONGG 12:30 PM-2:30 PM	28 ZUMBA 9:00 AM TAI CHI 10:00 AM	29 10:00 AM 	30 CARDIO 9:30 AM Balance Circuit 10:45am 11:30am Healthy Bones 1:15 PM	31 Strength Training 10:00 AM & 11:15 AM HAPPY HALLOWEEN